

Wellness Recovery Action Plan (WRAP)

Literature review updated December 2014.

As part of WSIPP’s research approach to identifying evidence-based programs and policies, WSIPP determines “what works” (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [technical documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

Program Description: Wellness Recovery Action Plan is a group-based intervention for persons with mental illness, delivered weekly for eight to ten weeks. The program teaches participants to focus on key elements of recovery (hope, self-advocacy, support) in daily life and teaches participants to organize a list of activities to use to help them feel better when they are experiencing mental health difficulties.

Meta-Analysis of Program Effects

Outcomes measured	Primary or secondary participant	No. of effect sizes	Treatment N	Unadjusted effect size (random effects model)		Adjusted effect sizes and standard errors used in the benefit-cost analysis					
				ES	p-value	First time ES is estimated			Second time ES is estimated		
						ES	SE	Age	ES	SE	Age
Psychiatric symptoms	Primary	3	381	-0.141	0.245	-0.141	0.121	46	n/a	n/a	47
Patient self-advocacy	Primary	1	251	0.099	0.489	0.090	0.143	46	n/a	n/a	47
Hope	Primary	1	309	0.139	0.429	0.139	0.176	46	n/a	n/a	47
Anxiety disorder	Primary	1	251	-0.070	0.424	-0.070	0.088	46	n/a	n/a	47
Mental health recovery	Primary	3	381	-0.070	0.340	0.072	0.076	46	n/a	n/a	47

Citations Used in the Meta-Analysis

- Cook, J.A., Copeland, M.E., Floyd, C.B., Jonikas, J.A., Hamilton, M.M., Razzano, L., Carter, T.M., ... Boyd, S. (2012). A randomized controlled trial of effects of Wellness Recovery Action Planning on depression, anxiety, and recovery. *Psychiatric Services*, 63(6), 541-7.
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Printed on 05-21-2015